

Lambda

Laurentian University's Student Newspaper
Thursday, November 18, 1993 - le jeudi 18 novembre 1993
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Do you want me to go
tour the washrooms to
find a quote of the
week?

- Marcel Rouleau, giving us
his two cents during Production

WILD WEATHER ISSUE!!



NEWS

Letters
McLean Survey
Stress

FRANÇAIS

Position Préférée
Petits Plaisirs
Amour=Business

ENTERTAINMENT

Orgasm
Star Trek Trivia
Zodiak

SPORTS

Steroids
Aqua Vees
Vee Line

BARKING UP THE WRONG TREE SINCE 1961

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Lambda Publications
SCE 301, Student Center
Laurentian University
Sudbury, Ontario
(705) 673-6548
(705) 675-4849 (Fax)
All contributions greatly appreciated!!

by Janice Savage
Editor-in-Chief

Laurentian is kind of like one of those punching bags you had as a kid; it takes a licking and comes back up for more. There is a certain degree of sniveling taking place over recent survey results, but look at what it really means.

Maclean's released its third annual ranking of Canadian Universities last week. It's safe to say that there were no real surprises; McGill comes out on top again, Simon Fraser ranks first in its division, and Laurentian is near the bottom at 19 out of 23 predominantly undergraduate universities. Yeah, so what?

It means that Laurentian has a lower entrance grade than a lot of other universities. Somebody should tell these elitist clowns from Macleans about the basic principle of accessibility. It seems to me to be a more admirable mandate, espe-

cially in an area of the country that has been serviced almost exclusively by Laurentian for the last 33 years, than keeping the grade point average at 4.00 so the transcripts look good when someone doing a survey calls.

Okay, so you can't always find everything in the library, come on, we haven't had the hundred and some odd years other universities have had to collect useless, out of date material that no one refers to because a 1921 journal just won't help much in determining the outcome of the Cold-

War.

Reputation, all right, I'll concede that. It was probably the reputation category that hurt L.U., in a manner of speaking. But hey, that's the price you have to pay if you want to make in on to one of David Letterman's

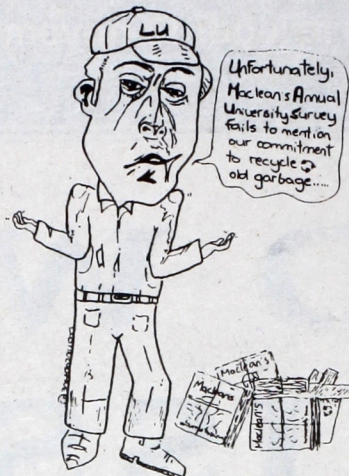
top 10 lists.

Laurentian has its own personality. As soon as L.U. starts ranking in the top five, we're going to

sacrifice our identity. Think about it. Do you really want the population and sub-culture of Trent infiltrating our home on the lake? Thanks, but Laurentian University is Ontario's best kept post-secondary secret.

The moral of the story, who cares? Ranking 19 is nothing to be ashamed of, it's something to be proud of. Instead of sinking money into surveys, L.U. has been sinking its money (however limited) into students. Instead of becoming exclusive, L.U. is accessible. Instead of an unpenetrable hierarchy, students at L.U. can walk into their Professor's offices, sit down, have a coffee and chat about next week's assignment. That is why I came to Laurentian, that is why I have stayed here.

Go ahead Maclean's....Survey that!



President's Walk-About

By Ross Paul

In mid-October, I concluded the first in a monthly series of of president's "walk-about's", an initiative intended to give students a face to face opportunity to tell the president what they think of Laurentian University. My companion on this first trip was Heather Bishop, President of the S.G.A., and I will be accompanied on the subsequent ones respectively by the presidents of the A.E.F., G.S.A., and A.L.P.S.



Heather was a terrific guide. Readily at ease with people, she regularly does such tours in an effort to find out what is of interest to students and how her association can improve life on campus.

I must confess to some trepidation in making the first few approaches. A University President is (quite appropriately, I might add) a catch-all for complaints on campus and I wasn't sure what to expect. To my pleasant surprise, the overwhelming majority of the students we talked to had no particular concerns and professed to enjoying life on campus.

There were some complaints and also some good suggestions. Some of the issues were popular grievances on any campus—parking lots (slippery paths, lack of stop signs, gates that didn't work) and meals (unhealthy foods, no choice on weekends, costs). Others wanted longer library hours and a university year that started and ended a week earlier (so that there was more time to go home for Christmas).

One student was concerned about the difference in cost between taking three and four courses. This point was taken up in detail by Daniel Lafontaine of L'Original Dechaine at the open forum on tuition fees, where I promised to look into the matter and give a formal interview after I had been able to do this.

I found this hour jaunt extremely stimulating and hope that more of these will be help deliver a message that I consider to be fundamental to all students. This is your university—please make sure that you do your part to make it better. Don't hesitate to complain, especially if you have a constructive suggestion on how to make something better.

When you graduate from this university, I want you to share my pride in it, so please participate now in making it better. If something bothers you, speak up. Find out who is in charge of that particular concern and speak to them. If you don't get anywhere, please phone my office (local 3410 or 673-6567) and we'll try to make sure that you are put in touch with the right person.

In the meantime, I'll see you on the next walkabout.

SPACE FOR RANT!

Lest We Forget...

I am writing this letter in response to the article written by your editor in chief, Janice Savage, in which she raises a very good point; remembrance. While her heart is in the right place, her knowledge of history is an embarrassment to Canadians. For example, World War Two did not end on November eleventh, (1945 is the correct year, I will give you that much in the way of credit) World War One did, and the Treaty of Versailles was signed in 1918, ending the First World War, not the Second World War. It is important to remember the facts without deviation in order that future generations do not lose touch with our history. It does not take much of an imagination to wonder what would happen if we decided that thousands, not millions of Jews died under Hitler's fascist regime, or that perhaps no Jews died. What then?

The signing of the Treaty of Versailles takes on particular significance, due to the fact that it shows the fragility of peace. Furthermore, it shows that we cannot rely on politicians to provide peace for us. The quest for peace is an individual effort, and when combined with the efforts of other like-minded individuals can change things for the better. Political apathy is what allows wars to happen. Apathy and forgetfulness when combined will ensure that the cycle of hate continues on it's merry way, and that the possibility that your or my children will die in combat remains very real.

Preaching aside, the lesson is this; do not forget. Your life and those of future generations may be saved by the lessons learned by our vets.

Peter Abonyi

The members of the News Department wish to apologize for inaccuracies that appeared in the Lambda editorial last week. The original editorial and front page were canceled when it was brought to our attention that nothing was going on on-campus for Remembrance Day, except a moment of silence in the Great Hall. Consequently, the editorial was put together with some haste and the News Department neglected to check the facts. We are sorry for any inconvenience that was caused.

- News Editor

Hey There Gekko

Well, well. Read your article with interest. Problem is, I don't know exactly what the hell you're talking about. You see, you talk about conservatism (not the party) and liberalism (not the party), and say one is good and the other is bad. What I'd like to know is who you define as being liberal (not the party) and who you define as conservative (not the party). Because, even in the States (where you seem to think you live), you can't define the Democrats (the party) as liberal (not the party) and the Republicans (the party) as conservative (not the party). In your ready acceptance of Rush Goombah (now, nod your head at the proper times, just like the rest of his paid audience), you seem to totally miss the point. Yeah, sure you can say that you see the human race as one homogeneous race, but I bet that, when pressed, the people you call conservative (no the party) don't see things the same way. And, by the way, when you talk to one of those conservatives (not the party), you's better make sure you are in the States (not our country), 'cause that's the only place your political drive belongs.

Dave Haans

I knew liberal elitism would rear its head. First Bill the Cat calls the students sheep and then Mr. Haans calls you're racists because you might think like me. I guess the left just thinks you're too stupid to think for yourselves. If you agree with what I say, you'll keep reading. If not, you'll skip to the Entertainment pages. Funny how they always start the name calling. Who are the real fascists? At best, I ask people to think, Bill and Mr. Haans call you racist sheep if you diverge from their militancy.

Gordon Gekko

Lambda circulates 3,600 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Backstreet Nightclub, The Black Cat, The Towne House, The Editor's Bookshop, Mutt & Jeff's Used Book Shop, the Outside Store, The Grand Theater, The Sudbury Film Society, Pak Mail, Sudbury Secondary School, Lo-Ellen Park Secondary School, Lasalle Secondary and Lockerby Composite School.

Laurentian Ranks 19th on Maclean's Annual University Survey

by Andy McKillican
News Editor

Maclean's did not have too many good things to say about Laurentian University in its third annual ranking of Canadian Universities. The survey published in the November 15th edition of Maclean's, ranked Laurentian 19th in the category of Undergraduate Universities.

This is only the second year where the survey has categorized universities according to the degrees in which they concentrate. It was because of the outcry from universities in its first year of publication that the editors began to categorize the universities. The idea was that apples and oranges cannot be compared. So the universities were gouged and ranked under three categories; Medical/Doctoral Universities which grant Ph.D.s and concentrate on research, Comprehensive Universities which offer a wide range of programs and Undergraduate Universities which focus on undergraduate programs with few graduate programs. Laurentian was placed in the last category.

Universities in all three categories were ranked according to the same criteria; Student Body, Classes, Faculty, Finances, Library and Reputation. Student body refers to the quality of students at the University. Classes deals with the size of classes and therefore, how much access students have to Professors. Faculty represents the quality of the Professors at the school. Finances, the section of the survey worth the least, discusses

how much money is spent directly on improving students. The library category refers to the quality of the library and its holdings. Finally, Reputation deals with how the Universities are seen by other Universities and businesses in the community.

Despite its 19th ranking, L.U. did do well in some areas of the survey. Laurentian made a strong showing under Median class size for first year, faculty with Ph.D., money avail-

able for current expenses and percentage of operating expenses allocated to library services.

L.U. ranked poorly in some other categories such as; most of the sections related to the quality of the student body, class sizes in upper years, percentage of budget allocated to student services and both categories represented under Reputation.

One saving grace for the University was its ranking in a special

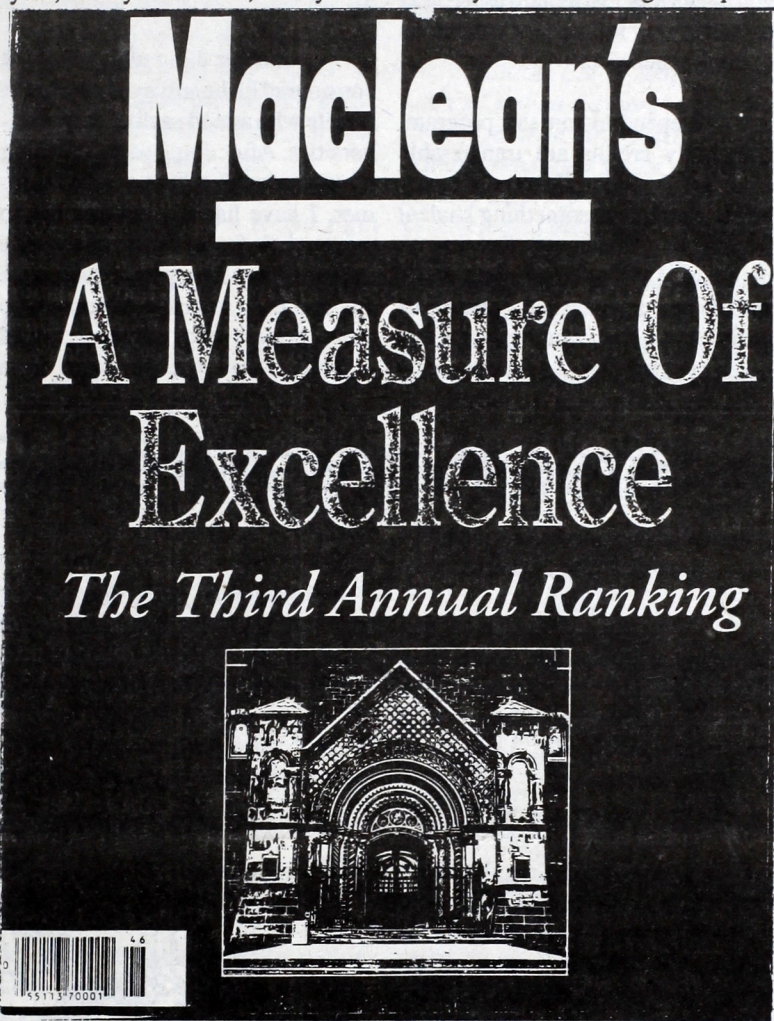
section of the survey called Value Added. Value Added indicates how much a school improves its students. All 51 Universities in Canada were measured in this section and Laurentian placed third overall. This is probably a result of the poor ranking the school received for average entering grade.

Unfortunately, Laurentian fell in the rankings from past years, one notch since last year's survey. Its number ranking appears to be much lower though, because a number of Universities were added to the survey. In the very first survey, Laurentian was 41st out of 46. But, of course the universities have been categorized differently for the past two years.

Reaction to the survey has been swift. Dr. Paul Cappon was quoted by the Sudbury Star as suggesting that Laurentian did poorly because the University accepts lower entering grades to provide access to Northerners.

Heather Bishop, President of the SGA, said about the survey, "I'm not paying any attention to it." she also indicated that there is some question as to the validity of the results. "The University President's want nothing to do with it. They didn't want to participate, some backed down and did, but even if a few don't, the results are off."

Bishop said, "Some Universities have a bad reputation like Lakehead and Laurentian. They are seen as last chance Universities if you can't get in anywhere else. I don't think if you asked anyone in third year Commerce, they would say they're in Last Chance U."



The Limitations and Inadequacies in the Survey

by Andy McKillican
News Editor

There are aspects about the Maclean's survey that make its results questionable. A number of these concerns illustrate the inappropriateness of comparing Canadian Universities. As previously mentioned, some universities declined to cooperate with Maclean's. The authors of the survey suggest that this has to do with their trend away for accountability, however the following facts illustrate that it may not have been accountability the Universities were afraid of, perhaps it is inaccuracy.

* The authors of the survey themselves outline how important a characteristic class size is in determining the quality of education a student receives at University. "And yet, even in an age of soaring tuition and diminished expectations, certain traditions endure in the world of learning. Small classes are still the best ones where a student can raise a hand and be heard..."p 29. but look at the overall rankings of the following schools compared to their class size rankings.

Undergraduate				
	Overall	1st Year	2nd Year	Senior Years
Mount Allison	1	15	15	4
L.U.	19	2	10	16
Cape Breton	20	3	4	9

How can Mount Allison find itself ranked number one when it scores so badly in a category, recognized by Maclean's itself, to be essential in determining the quality of the school?

Laurentian with a modestly higher score finds itself ranked 19th. Cape Breton is ranked 20th overall, yet it has an enviable ranking of 3rd and 4th under class sizes. Surely, other factors are not so significant as to put a school, ranking 3rd and 4th from the top in small class size, at 20 in the survey. This same concern applies to the other University categories.

* In the survey the Reputation of the school, being how respected it is in the community and among other University administrators, is worth a 20% chunk of the ranking system. Even if Reputation were a valuable measure to

consider (it isn't because it isn't based on evidence, only on subjective opinions) how can the authors of the survey justify a 20% value for Reputation and an 18% value for Classes, which includes class size. Class size, more that reputation, truly reflects the quality of education students are receiving.

* Another factor calling into question the usefulness of the survey is the fact that the larger, older Universities showed well in the survey, while the smaller and newer universities did not do well.

Medical/Doctoral Universities
1. McGill (est. 1821, full-time students 20 219)
2. Queen's (1814, 13 081)
3. Toronto (1827, 37 859)
13. Saskatchewan (1907, 14 990)
14. Sherbrooke (1954, 11 100)
15. Manitoba (1877, 15 440)
Comprehensive Universities
1. Simon Fraser (1963, 10 240)
2. Waterloo (1957, 18 205)
3. Victoria (1902, 9 623)
11. Memorial (1925, 13 751)
12. Concordia (1974, 13 803)
13. Trois-Rivieres (1969, 5 488)
Undergraduate Universities
1. Mount Allison (1843, 2 011)
2. Trent (1963, 3881)
3. Acadia (1838, 3 642)
21. Ryerson (1993, 9 519)
22. Nipissing (1992, 1 056)
23. Hull (1981, 2 398)

The criteria the authors use in the survey show the larger, older universities in a more favourable light.

*The most obvious drawback in the survey is the method misses many strengths that the Universities may have. There are things that are simply not accounted for in the survey. L.U. has many strong programs that, if viewed individually would rank it with some of the top universities. Heather Bishop recognized this, "The only way to truly judge (the schools) is by courses. Look at all Phys. Ed. Programs and judge them." Maybe Maclean's is still comparing apples and oranges.

Maclean's Results

Medical and Doctoral Universities

1. McGill
2. Queen's
3. Toronto
4. UBC
5. McMaster
6. Calgary
7. Montreal
8. Dalhousie
9. Ottawa
10. Alberta
11. Western
12. Laval
13. Saskatchewan
14. Sherbrooke
15. Manitoba

Comprehensive Universities

1. Simon Fraser
2. Waterloo
3. Victoria
4. Guelph
5. York
6. UQAM
7. Regina
8. New Brunswick
9. Carleton
10. Windsor
11. Memorial
12. Concordia
13. Trois-Rivieres

Undergraduate Universities

1. Mount Allison
2. Trent
3. Acadia
4. Lethbridge
5. Bishop's
6. Wilfrid Laurier
7. St. Francis Xavier
8. Mount Saint Vincent
9. Saint Mary's
10. St. Thomas
11. Moncton
12. Rimouski
13. Brock
14. Winnipeg
15. Brandon
16. Chicoutimi
17. PEI
18. Lakehead
19. Laurentian
20. Cape Breton (UCCB)
21. Ryerson
22. Nipissing
23. Hull

Macleans Survey Here Again

Heather Bishop
SGA President

So. Here we are, a year later, and still discussing a stupid survey. MacLeans has done it again. Well, I'm here to tell you that it just doesn't matter!

If you take a close look at the survey, you will realize that it is somewhat biased, questions seem to have been formulated to make certain schools look good. Political games? You decide. In my humble opinion, the only true and fair way to compare schools is to compare them by program. For example Phys. Ed from L.U. as compared to Phys. Ed from any other school that offers the program. It is the only way to receive a faire evaluation. However, it is doubtful that you will ever see anything like this. Why? Laurentian, and the less 'prestigious' schools will rate

much higher.

The question of Alumni Contributions is one that raises a few questions for me. Sure, some of the southern schools have well known alumni who contribute large sums of money to their alma mater. Is this because they want to or is it because everyone in the country knows they graduated from there, and it looks really good. My question is this. How can something like McLeans decide the contribution that Laurentian alumni make. It is not usually financial, but it is none the less still present. How many former Voyageurs have come back to either teach a class, or contribute in some way? How many former Laurentianites have started businesses in the Sudbury area and either employ part time L.U. students, or offer discounts to students. Things like this contribute to the betterment of student life and cannot be judged in financial terms.

The real thing you should be concerned with this week are the state-

ments made in the Sudbury Star last Monday by Dr. Paul Cappon, L.U.'s V.P. Academic. By claiming that Laurentian appears lower on the survey because we have to lower our standards is simply ridiculous! Frankly I am disgusted with his responses.

Laurentian has maintained it's commitment to accessible education for everyone. This is something we should all be proud of rather than looking at it as a hindrance. Once you get into a post secondary institution, you must work just as hard as the next person to stay in. It is just ridiculous to think otherwise.

Depending on the program, University credits are transferable from one Canadian University to any other. And this is something student leaders in Canada are fighting to maintain. Dr. Paul has continually spoken out against deregulation of tuition fees which would create a two tiered system. This would obviously

be extremely harmful to Laurentian and several other small Universities. Yet every time Dr. Cappon gets a chance to speak to the media, he opens his mouth and out it comes. He has eluded to the need for deregulation more than once in the last few months. It would be really nice if our Administration could sit down together and develop some sort of policy on what to say to media. Consider this a request to get your acts together and present a united front to the students you serve, and the community you are supposed to be accountable to.

Another thing which was not considered in the survey is the type of people who attend each of these Universities. After doing some traveling to various conferences over the summer, I have had the opportunity to meet people from schools all over the country. There are people who were fun and easy to talk to. People who were honest and outgoing, and friendly. These people were from

Lakehead, Carleton, McMaster, Guelph, Memorial, Lethbridge, Nipissing, and Algoma. There were also people who to put it politely, had an inflated sense of self-importance. These were people from Queens, UBC, Calgary, U of T, Waterloo, and U Victoria. You decide who you would like to be when you grow up.

My final words are basically these. Be proud of who you are Laurentian. And be proud of where you are. L.U. was my first choice and after seeing other schools, I still chose Laurentian. The most special thing about Laurentian and the people here, is that we are not here because of how it looks to other people. We don't need the superficial values that are aligned with certain other schools. We are down to earth enough to know that surveys like the one in Macleans don't matter. I'm Not the only one who feels this way about Laurentian. Make your friends here, learn who you are here, in the big picture, that's all that really matters isn't it?

StressStressStressStressStressStressStressStressStressStress

by Nabeel Ahmed
Staff Writer

Source: Handout *Stress* by Sidney Bergerson's: based on a Stress Presentation by Dr. D.F. Pearsall at Cambrian College, 1988.

Stress. What is it? Stress is the name we have given to the many pressures on our lives. These pressures can be put on us for a number of reasons. These could be academic: exams are coming up; social: a fight with a girlfriend/boyfriend; form a job: an employer that is too demanding, or maybe you're working too much; or even from home: you're not getting along with your parents. Whatever the reason, stress is here to stay.

Everyone feels stress at all times. There is no one who can say that they are feeling absolutely no stress, or pressure, on them at any given moment, it's there, it's a fact of life. Indeed, a little stress can actually be good for you. In Sidney Bergerson's handout *stress* (avail-

able in the Counseling and Resource Center, 2nd floor of the R.D. Parker building), it is even acknowledged that there is "an optimal level of environmental demands at which our performance is at its best." In other words, a little stress keeps us on our toes and keeps us going. This amount varies between individuals.

The problem, however, arises when you exceed your "optimal environmental demand." Bergerson described stress as having three stages:

1. Alarm or shock phase: where you realize that essay that you haven't yet started is due tomorrow.
2. Arousal or alertness phase: after the initial shock, you regain rationality and decide to skip all your other classes to do this essay.
3. Collapse/breakdown phase: after a night of no sleep, your essay is still not started. Class is in 10 minutes, you feel like killing yourself, you start running around and breaking

things, you've gone mad, you feel tired and depressed.

These are three stages encompassing the stress that individuals encounter. Each time you encounter new demands, your body goes through stages 1 and 2, 3 is only for extreme situations.

Bergerson suggests that one way in which you can regulate environmental demands (stress) to its optimal level is to cut down on the amount of stimulation: turn off the TV, go to sleep, find a quiet place to sit alone, and just relax. By doing this you "reset" your psychological system and ready it for future demands. Another way to minimize stress and to keep yourself calm is by examining your lifestyle. You should:


1. Have a balanced and adequate diet.
2. Have regular exercise.
3. Get adequate sleep.

If you can do these, you will be better able to deal with pressure. There will still be extremes, but you will be able to handle them much bet-

ter. hurts. And if you feel that there is too much pressure on you, remember that there are people out there to help you: The Counseling and Resource Center, 2nd floor, R.D. Parker Building.



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Enter Stage Right

Gordon Gekko
Columnist

After tackling "race" relations last week, I feel sufficiently emboldened to take on the world of alternative lifestyles. That all encompassing phrase can be described into loosely meaning the lesbian, gay, bi-sexual, queer (LGBQ) lifestyle. I'll call it what it is; an unhealthy lifestyle, and I'll prove it. I'll also touch on the politicization of AIDS (I'll go in depth in another column) and the efforts of the militant LGBQ faction to indoctrinate you into agreeing with them, whether you or your family like it or not.

Firstly, homosexuality is not a healthy choice. Did you know that in a recent study of 5000 obituaries (from homosexual newspapers) found that the average age of gay men dying is 39, while the average age for deaths due to other causes (again, among gay men) was 41? Other studies have found that less than 3% of all practicing homosexuals are over the age of 55. The June 1992 issue of *Pediatrics* reported that 30% of gays between the ages of 14 and 21 had attempted suicide. *The Gay Agenda* reports that male homosexuals, compared to heterosexual males, are eight times more likely to have had hepatitis, fourteen times more likely to have had syphilis and 5000 times more

likely to have contracted AIDS. Doubtless there are other statistics, but I honestly doubt that a serious case could be made stating homosexuality's safeness.

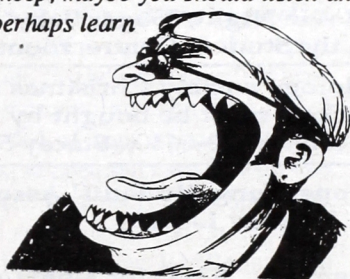
For the first time in history, a disease has been turned into a political football. According to American gay activists, Reagan-Bush are guilty of murder for not increasing AIDS spending to the mammoth levels that the gay militants want, and in fact for cutting AIDS R&D. Lies. The spending for the R&D increased to the point that it is now higher than cancer R&D spending. Clearly cancer affects many more people, but a tiny faction grabbed this disease by the throat for their own ends.

According to a recent *Fifth Estate* segment, a school board in Toronto wants to use two books that raised a firestorm of protest in New York city. One book, *Heather has Two Mommies* tells the story of a young girl whose mother is a lesbian and living with them is another woman. The other book, *Daddy's Roommate* deals with a young boy who lives with his homosexual father and his lover. One scene in the book actually shows the father in bed with the lover. Imagine the protest if a book showed a heterosexual couple in bed together. The choice of what kind of lifestyle to present to the children is that of the parents. Schools are repositories of knowledge only,

and should not be in the business of furthering political agendas.

Do I hate homosexuals? No, but I do feel compassion for them. A lifestyle, whether chosen or born with, which puts a human at great risk is not a reason for hatred. But that doesn't mean we should accept the lifestyle. Their claim that theirs is a family like any others is false. The reason for the family in the Western world is for the continued healthy procreation of the race, not to further the agenda of a tiny minority.

Bill the Cat's "letter" in last week's Lambda did more to show me I was right than the worst of the left. Without reading a single article, he already tried to stereotype me. A favourite tool of the left, discredit those you disagree with in an attempt to shut them down. You clearly show a lack of knowledge when it comes to true conservatism. Do you think we're all Pat Buchanan or Preston Manning? Try again Billy, and leave the insults at the door, lest you look like what your poorly trying to paint me as. Instead of calling the student's sheep, maybe you should listen and perhaps learn.



Metamorphoses

by Melanie Martilla
Staff Writer

Sorry I missed you guys last week, but I was bogged down in that mid-semester crush. You know, the one where you've got five different essays/mid-terms in the space of two weeks. Yeah, that one...

Stress is a fact of life for most students and sometimes we don't realize what happens to us in the course of a semester. I used to get a lot of colds in my first couple of years in the higher education game, and I gained a lot of weight, despite aerobics, and Tai Chi, and whatever other activities I engaged in. Some of my friends used caffeine to get them through an all nighter, then drank themselves into a stupor so they could get some sleep. The demands of the classroom, teamed with the illusion of freedom that university life bestows, can distort the way in which you view things; you may think you still have control over your life, when in fact you've lost it.

I wish someone had told me that the never ending stream of viruses, the "freshman fifteen", the substance abuse, the crying fits, and all other frightening symptoms were normal. Yes, NORMAL. Then I wouldn't have felt like such a freak.

All of these symptoms are stress reactions; your body and your mind are telling you that you need a break. Unfortunately, the hectic

schedule of university life seldom allows time for sincere relaxation, and many of these symptoms can cross the border to become seriously abusive problems in their own right. So, what can you do?

The best thing to do is to talk about your feelings to someone. This easy and often cathartic phenomenon can take any form, from a bitch session with your class mates, to a meeting with a concerned professor, to a serious tête-à-tête with your best friend, or your partner or an appointment with a mental health professional. I say easy, and what I mean is that once you get started, it's hard to stop. Finding someone to talk to when you need to talk can be a problem, and getting up the courage to admit that you're vulnerable is even more difficult.

The counselors at the Student Counseling and Resource Center are heavily booked, but don't discount them. They are there to help if you need them, but you may have to wait a bit sometimes. Whatever you do, whoever you talk to, please don't keep your feelings inside; pent up frustration can only lead to illness and sometimes addictive behavior. If you can't find a caring individual to talk to, then you still have options before you turn to the refrigerator, or the two-four of beer, or the most available warm body.

It may sound strange but prayer can help. I'm not a religious person myself, but I am spiritual and there is a difference. When I'm

really stuck, I sometimes pray because it helps to think there's a higher being who will help me by giving me the means to help myself. Sometimes I meditate. Deep breathing and soft music are all you need for this, and no one has to know you do it if you're embarrassed about it. Sometimes, I write or daydream, or take a "mental health day" when I need to. Sleeping in occasionally can help, or having someone play with your hair, or give you a massage, or, every woman's favorite, self-loving, which includes bubble baths, facials, romantic candle-lit dinners for one and the like.

There are so many self-affirming ways to deal with stress, and they can help you to survive the university experience. Please, give some of these suggestions a try next time you're feeling stressed or depressed, as long as you genuinely feel better about yourself after. If you can't find relief within a reasonable amount of time, from positive forms of stress release, you may consider seeing one of the professionals at the Counseling Center. Don't worry about it, everybody has serious problems at one time or another, but if you catch them early, and learn to deal with your stress effectively, you'll be fine. You have to remember that "this too shall pass", and that nothing is more important than your health; you can always take a course again.

A big newsprint hug to all those who are experiencing mid-semester crisis. Keep the faith.



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Language Center Tutors

Tutor Trina Chenette, left, and student Cindy Shipman, right, are working on Cindy's essay in the Language Center. Tutors are available to assist students with their writing daily from 9:00am to 4:30pm. The Center is also open on Tuesdays until 7:00pm and on Thursdays from 6:00 to 9:00pm.



Annual Rotoract Rose Day: Help Support Easter Seals!

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Come see us in the Student Centre, Clubs Room, SCE 210

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- 6. EARN FREE TRIPS & CASH!!**
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Hong Kong Students' Association

by Priscilla Ma
Cultural VP

I would like to tell you a little about Hong Kong. Hong Kong means "fragrant harbor" in Chinese, but in almost every other language in the world, it spells romance and glamour. Other cities of the world are much like people: each has a distinct personality.

Hong Kong is a Crown Colony because the Queen of England is its ruler and because the Queen-in-Parliament (a technical expression) is

responsible for both local government and foreign relations. This authority is delegated to the governor who is the Queen's representative.

Unless one has actually been to Hong Kong, it is hard to keep all the names straight, for Hong Kong is both the name of the colony and the name of its most important (but not largest) island. The capital of the colony is Victoria which stretches for about five miles along the Hong Kong island waterfront, facing the harbor. One seldom hears the word Victoria used in the colony, as people usually say they live or work "on the island", (meaning Hong Kong Island), instead

of saying "in Victoria".

If ever you are fortunate enough to tour Hong Kong, try and learn a few words in Cantonese to "sweeten" your visit. You will be surprised how often you will use them: Good Morning - Jo Sun; Good Evening - Jo Tau; Good-bye - Jo Keen; Yes - Hai; No - Um; Good - Ho; Beautiful - Ho Zan; Excuse me, or Pardon me, or I am sorry - Doy Um Jen; Please, or "don't mention it" - Um Goy; Thank you - Dor Jeh.

For this week, I would like to bid you Jo Keen, Dor Jeh and a Sing Dan Fie Lok (Merry Christmas).

Campus Ministry

- Multi-cultural event, Fri., Nov. 26, 7:00-9:00pm, Sat., Nov. 27, 9:00am-4:00pm, Theme: Neighbours living in harmony, Venue: Centre for Spirituality and Health, Huntington, Pre-registration required, Contact: Pat McKibbin, Dr. Gailand MacQueen 673-7011

Chinese Student's Association

- General Meetings every Wed. at 12:30 to 1:30 in Room L-221.
- Ping-Pong Tournament, Fri., Nov. 26, 1993, 2:00 to 5:00pm Non-member, \$1.00 Member, Free For info call Elaine 671-2024. Trophies and prizes will be awarded to winners.

English Literature Society

- Fri., Nov. 19, 1993, 7:00pm in the TV Lounge - SCE 307, Meeting of the Inner Circle Writer's Guild. Come out and share your story or poem ideas.
- Get some feedback on works in progress.

PUBLIC ADS

Laurentian University's Christmas Bazaar will be held on Sunday, Nov. 28 from 1 to 4 in the Great Hall. All proceeds will be donated to the United Way. Tickets sold.

The German Club will be showing german films with english subtitles, Tues. 11:30am to 12:30 pm Wed. 12:30 pm to 1:30 pm in Room SCE 239. **FREE OF CHARGE!!!**

Movie Night, "Sugar Baby" | German movie with english subtitle | in the Student Centre, room SCE 239, at 6:00 p.m. Free admission.

Biology society Christmas semi-formal, Sat. Nov. 27, Tickets must be bought by Nov. 18. For info, call Ted (vax S3400052), Luc Taillefer, Jocelyne 522-6650, Stacey 560-6251 or Lisa 560-5565.

Hong Kong Students' Association Bowling Tournament, Sat. Nov. 20th at 7:30 p.m. at Holiday Lanes.

Cost:

- member: \$3.00 for single competition
\$6.00 for single and group competition
- non-member: \$5.00 for single competition
\$10.00 for single and group competition

Events: Male and Female Singles championship & Mixed team championship
COME WIN THE TROPHIES!!

For info, call Charity Wong 688-9802 or Peggy Chan 671-2835.

CAMPUS MINISTRY

Visit to Cecil Facer Correctional Centre. Preparation, Wed. Nov. 24, or Thurs. Nov. 25, Room 221 Student Centre. Visit Sunday morning, Nov. 28.

CHRISTMAS CAROLING, Friday, Dec. 3.

Starting Matte Res. La Forge 7:00 pm. Finishing at Thornloe Res. All are Welcome.

CHINA & ITS PANDAS

Interested in the fate of China's panda bears? Come to the Teacher's college amphitheatre on Nov. 29th at 7:30 pm to hear the experience of six members of the "Study Trek X" group which spent a month trekking through China learning about its culture, people and pandas!!

Van Damme Film Festival

Where? SCE 239 Student Centre

When? Friday November 19th, from 5:00 pm to 1:00 am

Cost? We ask a donation of \$3.00 for a non-profit organisation called "R3"

HUNTINGTON FUNDRAISER

Huntington UNIV. council presents BIG BAND, a Sudbury based band, at the Caruso Club on Dec. 3rd. Cocktails begin at 6:00 pm. Dinner at 7:00 pm. For information on tickets, contact Glenn Byford at 522-4077 or Michelle Poutanen at 670-8154.

VOLUNTEER OPPORTUNITY

Pen pals for Japanese student

Is there somebody who old be interested in being a pen pal with a Japanese student and in involving others in this programme?e contact Paddy Blenkinsop at Student Services, floor Parker Building - 673-6506.

MODEL UNITED NATIONS

Laurentian University's Political Science Association is loor students who are interested in attenodel United Nations in Toronto, to be held Feb. 16-20. All interested students should contact Daniel Coburn at 673-4841.

VISA STUDENTS HOMESICK?

COMING SOON ... INTERNATIONAL STUDENT'S CHRISTMANS DINNER

SATUDAY DEC. 4, 1993 AT 6:00 P.M. at the Teacher's College cafeteria. Sign-up at The Great Hall on Nov. 25 and 26, from 10:00 a.m. to 1:00 p.m. Hosted by: L.C.F. Coordinated by: Hong Kong Students' Association and the International Students' Organization. For more information, call 522-4931 and ask for Barbara.

Public ads are free of charge.

Deadline for submission is Friday at 4:30 pm

On the Road (with Bad Brains)!!

Well, it's another week in the gulag and what can we say. I'm still tired and sore. Anyhow, I said that I was going to tell you a story. There's this band from New York City called Bad Brains who put out albums and tour the world. After all these years, they finally signed with a major label and put out this KILLER album called Rise (the Brains are punk-rasta gods).

I came into the picture when my good friend Alex decided to rent a car and drive to Thunder Bay to see our friends in Trigger Happy (they were on tour with Bad Brains, Roguish Armament, and Shades of Culture (damn cool rap)). We got to Thunder Bay, no bands, they stayed in Sudbury. Damn! With tears in our eyes, we made friends with the nice people at Crocks and Rolls and crashed at the house of extraordinary band, Fat Like Dad. Day 2. Alex and friend go to climb a huge mountain of shale rock, defying death, I stood on the highway at Kakebeka Falls for six hours trying to get a ride out west (got nice pictures and first blister). I hitched back into Thunder Bay at

"uncooler" (they do a cool cover of 'Hungry Like the Wolf'). Y'know, being on the road with a band is OK but take this advice, days are long and boring, bring a book. Anyhow, we had fun bugging Thunder Bay kids, I told them I was Israel, the new singer for the Brains. Set-up, sound-check, zzzzzz, Alex and friend show up and look surprised to see me working the merchandise table. The show starts, Fat Like Dad kick some ass, Trigger Happy got up and tore everybody's faces off. The place is packed, Roguish gets on the mics for a quick set, gets everybody dancing, then prepare for da Brains. Falling bins, people knock through the ceiling with their feet, the ceiling air conditioning unit is nearly destroyed, little sixteen year olds are sweating so much that the hormones are dripping off the walls.

der Bay. Trigger Happy couldn't get their van started. Many underage girls still think I'm with the band, offer me place to stay. Memories of last year's swab incline me to decline the generous offers. I trod back to Fat Like Dads house, soaked, smelling like my butt, my feet have been fermenting for sixteen hours in a pair of leather doc martin shoes. I got a ride to Manitoba from a hippie guy with a bad right eye so I could never really tell if he was awake. We drove at 80kph, it was excruciating. Got a

scurvy. Woke up at noon to find that tor, The Doughboys, and Kreviss.



we were in a campground with 2000 other people here for the festival. I set my tent up next to the drummer for the Doughboys, then I went and hung with the guys from Trigger Happy and Furnaceface. Me and Wally

Thousands of kids were wearing Smalls t-shirts that came down to their knees. Trigger Happy found out that their record label went under yesterday. The 'stuck in the nineties' goof from Moxy Fruvous tried to buy "things to smoke" from us, he's one to watch out for if you are female. For a real PC nineties band, those Moxy guys sure are slimebags.

The next day, I went to Lake Louise and parted with all the bands. I got a ride with an insomniac named Paul who had all the Billy Bragg and 10,000 Maniacs albums. Sleepy time. We got to Winnipeg that night and I got wired on coffee with a guy who was headed west from a Husky on the highway. At 5:00AM I got a ride with a born again christian to Thunder Bay (2300 km in 24 hours, beat that you road lovers!). I camped out at Kakebeka Falls for a while to dry out from my week of rock-n-roll travel. I made it back to Sudbury in a couple of rides and then had a real shower and a real meal. I had many blisters, many pictures and lost about ten pounds.

So that's my story, every word is true. I gotta bail so I can go set up at the Townhouse and begin my own rock-n-roll life. Hell, what else can I do with a Sociology degree. See ya on the road. Peace. Have fun, play nice.

Bill the Cat



5:00PM and met with Trigger Happy at the bar. I played pool with Darryl from the Brains, had lots of beer, got real smoked in the van listening to Trigger Happy's new album,

Alan can't wait to get out to the van and beat off.

By the time the show ended, the greatest rainstorm of the past half-century was well under way in Thun-

ride with a rich girl who let me off at sunset, 30km outside of Winnipeg. Uh-oh. Just before I passed out from the mosquito invasion from hell, a bus full of pigs, animal pigs, not cops, stopped and gave me a lift into town. Winnipeg. The Spectrum. 700 screaming punker dudes. Trigger Happy rocked, Bad Brains ruled the universe tonight. I crashed at a band house with Trigger Happy and Shades, people kept us up until 5:00AM saying, "you guys don't like to party or what?" I haven't slept or showered yet!!

I sort of remember the next day. Highway, weed, wind, prairies, we were going to stay at Cypress Hills park (get it? Cypress Hills). Arrival in Calgary at six in the morning, more wind, pot, I think I have

kicked a hacky sack around for a while with some girls that were talking to Joey Ramone last night, resurfaced memories of last year's swab, went back to my tent alone.

By now, the campgrounds are full, the dust is heavy, everybody feels like they are grunge. My feet are rotting. I met some other people from Sudbury that hitched out earlier and volunteered for the festival. The next couple of days went by and I saw forty bands through half closed eyes. Saturday morning we hitch into High River and shower for a dollar at the community centre. Much of my skin has fallen off. The Ramones were great, the Bad Brains ruled again. Other highlights were S.N.F.U., The Didgits, Big Drill Car, The Meat Puppets, Field Day, Superconduc-

Mega-Orgasm condensed from Today's Woman

by Cathy Cash Spellman

Western women never reach according to Chinese sexual practice would be considered minimal ex-produce such an orgasm.

Yes, 1000 strokes!

If you wish to excel in love-do. There is a spot in the perineum times. And the man should also

Also in making love, the man counterclockwise strokes and one draw slowly, repeating this act as lation is the key to healthy sex.

If you wish to excel in love-muscles in the right ways. After a of the body's energy, it's possible for a man to lift a sledgehammer with his penis, and a woman to lift a considerable amount of weight using only her vaginal muscles. But, of course, one must realize that these men and women have reached great heights of prowess in order to explore their energy, as well as to share sex on an extraordinary level.

It is suggested that nine shallow strokes during lovemaking, one deep, then eight shallow, two deep, and so on is the best way to achieve the ultimate orgasm. You must be more than a student of sexuality, you must be a student of life. First you must feel yourself...the blood in your body, how the energy flows within you. Very gently, slowly, quietly. When you begin to feel these things in yourself, perhaps you can begin to feel them in another person.. A powerful shift of energy will take place.. You must have body, mind, spirit, working together.

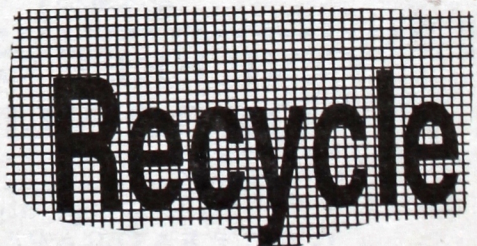
This "sledgehammer technique" are weight lifting practices that are really intensive training in energy control. One generally comes to them through the study of martial arts. Soon you learn that it is not so much the lifting of weights you are after but a true understanding of the energy. That's the essence of the exercise: If you are using the energy correctly, you can accomplish it. But if you bring the physical body into it, you'll be injured. So this becomes a great test for your focus and concentration.

Essentially, in order to have the best orgasm of your life, the following criteria must be met: That a lover who is truly careful of your body, mind and spirit is the one you'll remember forever. That great sex takes time. And it shouldn't be placed on your priority lest just below "Buy dog food" and "Pick up suit from cleaners". That there's validity in exercising the muscles you need for any extremely important area of your life, and that some muscles are in the genitals, some in the head and some in the heart. That really paying attention to your partner's needs is the most erotic act of all. That sexual skill, a thousand strokes and all the energy in China only matter if you truly care about the person you are sharing them with. True love is the best sexual medicine, for man and for woman.

higher than the fifth level of orgasm tices experts. In China, the ninth level pections: 1000 strokes would easily

making, there are exercises one should that should be pressed upward many expose his naked penis to the sun. should practice seven shallow swift, strong, deep stroke, then with-often as he is able. Controlling ejacu-

making you must develop the right vast amount of training in the control making you must develop the right vast amount of training in the control



STAR TREK - TRIVIA BLITZ

by Glenn Scott
Entertainment Editor

By popular demand, I've created a Star Trek trivia blitz. Hope you enjoy it. Consider it a Star Trek "Did You Know That..."

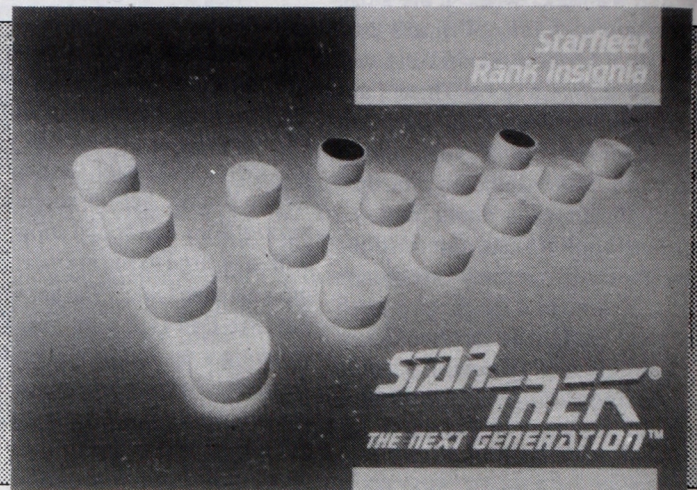
STARFLEET RANK INSIGNIA: The rank insignia, or rank "pips" as they are called by the crew, give a visual indication of a crew member's Starfleet rank status at any given time. The ranking is as follows: No pip: Midshipman, One pip: Ensign, One ring and a solid: Lieutenant Junior Grade, Two solid: Lieutenant, One ring and two solid: Lieutenant Commander, Three Solid: Commander, and Four solid: Captain.

THE KLINGONS: The Klingon home world is called Kronos. The major classes of vessels belonging to the Klingons include the Bird of Prey and Vor'cha. They acquire cloaking technology through a previous alliance with the Romulan Star Empire. Only one Klingon serves under Starfleet Command, Lt Worf.

SHUTTLECRAFTS: Shuttlepods are light short-range sublight shuttles. They accommodate two including a pilot and systems manager. They are armed with two type IV phaser emitters. Personnel Shuttle is light short-range warp shuttle. It accommodated two flight crew and has a passenger configuration of six and two diplomatic. No armament except two type IV phaser emitters. Cargo Shuttles are heavy long-range warp shuttles. They accommodate two flight crew one cargo specialist. They are armed with two type V phaser emitters.

HOLODECKS: can create virtually any setting for the recreational use of the crew. Using the technology of the transporter (the limited ability to create matter from energy) the holodecks can create solid objects, such as chairs and tables, and supplement them with projected visual information to give the illusion of a real environment much larger than the true area of the holodeck. Also used for educational re-enactment and model simulations for design studies, the holodecks are an incredible productive aid to the crew, as well as a necessary recreational outlet for the crew as they travel through deep space.

UNIFORMS: can convey useful information about the wearer at a glance. The small round "pips" worn on the right side of the collar designate a person's rank, while the colour denotes a crew member's duty station. The "maroon" is worn by those in the command hierarchy directly, such as the Captain and First officer. The "mustard" coloured uniform is worn by personnel in security, engineering, or operations. The "teal" coloured uniform is standard for crew members in the sciences and medical positions.



The Stuff Dreams Are Made Of!

by Glenn Scott
Entertainment Editor

If you've ever woken up from a nightmare, or a pleasant dream and wondered what it all meant, this article is for you. If you have a question about a dream you've had, drop me a line and I'll print the analysis for you. (Wet dreams will not be analyzed).

BRIDE:For a young woman to dream that she is a bride, foretells that she will shortly come into an inheritance which will please her exceedingly, if she is pleased in making her bridal toilet. If displeasure is felt she will suffer disappointments in her anticipation's. To dream that you kiss a bride, denotes a happy reconciliation between friends. For a bride to kiss others, foretells for you many friends and pleasures; to kiss you, denotes you will enjoy health and find that your sweetheart will inherit unexpected fortune.

FALL:To dream that you sustain a fall, and are much frightened, de-

notes that you will undergo some great struggle, but will eventually rise to honor and wealth; but if you are injured in the fall, you will encounter hardships and loss of friends.

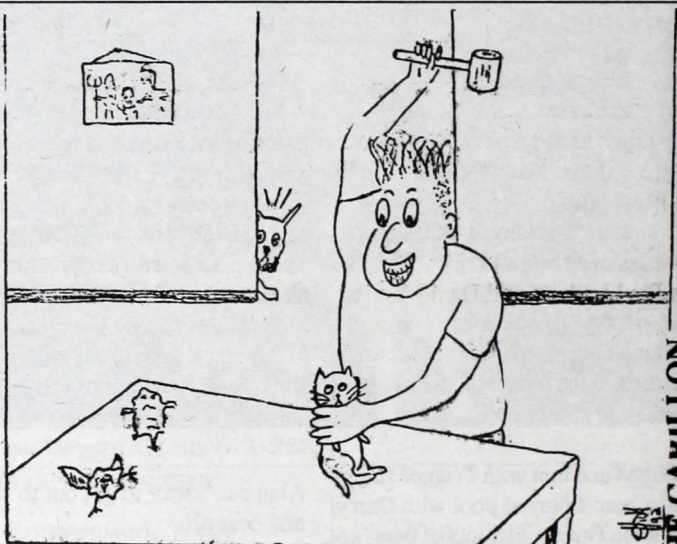
LAUGHING:To dream that you laugh and feel cheerful, means success in your undertakings, and bright companions socially. Laughing immoderately at some weird object, denotes disappointment and lack of harmony in your surroundings. To hear the happy laughter of people, denotes that you will willfully injure your friends to gratify your own selfish desires.

QUARREL:Quarrels in , portends unhappiness, and fierce altercations. To a young woman, it is the signal of fatal unpleasanties, and to a married woman it brings separation or continuous disagreements. To hear others quarreling, denotes unsatisfactory business and disappointing trade.



Deep Thoughts
By Gen Natal
The Lord must have loved a hangin', that's why he gave us necks!

Sweet 'n' Sour



THE CARILLON



POETRY

WAR

"Dedicated to Mea Culpa"

You are mad at me...
What have I done to you?
You do not know me...

Struggle, in order to live.
Struggle, in order to escape your adolescence

Tú estas enojado conmigo...
Que te hice?
Tú no me conoces

Lucha, para vivir.
Lucha, para escaparte de su adolescencia

Swimming in your brown eyes are sharks of pain,
on the islands are your dead friends.

Nanando en sus ojos morenos son tiburones de dolor, en las islas hay sus amigos muertos.

We can make love with our guns,
and serenade the night.

Hacimos el amor con nuestras pistolas y serenada la noche.

Dream with care...
there are nightmares that are the same as life.

Sueñes con cuidado hay pesadillas son la misma de vida.

When we wake up from our cumbersome sleep,
the dance must stop, and we must consummate our deaths.

Cuando despertamos el baile se para, y debemos consumir nuestro muerte.

CORNER

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.....
ONE FREE GAME OF BOWLING
.....
Only one pass permitted
To be used per day.
GROUP RATES AVAILABLE

QUALITY IN YOUR LIFE

by Zodiak
Staff Writer

Hi there! I hope you are ready for a new twist. I recall telling you that other factors influence your sun-sign. Among them, the "quality" has some importance; it explains how the energy "flows" from each sign. There are three qualities (usually referred to as fixed, mutable, and cardinal) which regroup four signs each. Although each group has its own characteristics, each sign within the group possesses a different intensity.

The fixed signs are Taurus, Aquarius, Leo, and Scorpio. Cautious, conservative, and steadfast, they work very hard to establish themselves. Like explorers, they arrive and plant a flag; they claim a position for keeps (if they feel like it). Some words to describe these "static beings" include stalwart, upright (not uptight), trustworthy, and honorable. They are also mules of an impeccable degree: between the signs and the animal I think the signs would win. Fixed signs see things through to the end (they are the ones who believe in after play).

Their unbelievable stamina and their phenomenal "cosmic" power (they have bigger living space than the Genie) make them incredibly popular...or unbearable.

Comparatively, Sagittarius, Virgo, Gemini, and Pisces belong to the mutable (or Flexible) quality. Adaptable and versatile, these chameleons are extremely curious about life; they absorb knowledge like a sponge. They often complete tasks started by others. Their highly developed minds make them very imaginative and jumpy (they cannot stay on one lily pad too long). They have a gift for winning people over to other side, which makes them exceptional in public relations. They are natural translators of energy since they think and talk a lot. Mutable signs also possess a certain sensitivity and use it accordingly to their surroundings: they can definitely roll with the punches...and most assuredly give a few.

The final quality is Cardinal (or Dynamic). It regroups Aries,

Capricorn, Libra, and Cancer. These outgoing, dominating people are self-starters who motivate themselves and prefer to do things themselves. Their initiative permits them to perform outstanding achievements. Their lives are characterized by significant crises (out of cornpops) and major successes (balancing their checkbook). They endure tremendous stress...and once in awhile actually get through. The danger is chaotic diffusion of energy while the potential for growth and victory is amazing.

So, as you can see, your personality can be affected by other things besides your sun-sign. Other factors include the rising-sign and the element...but that's another column. By the way, if you have any questions or comments, I'd love to hear them (is that a plug or what?) I also want to apologize for my lack of sarcasm: I'm a sick puppy this week.

Did You Know That...

Most men under 40 wake up with a hardon. The typical man in his mid-40's has a morning erection 3 to 4 times a week.

A 60 year old man typically produces the same amount of testosterone as a 9 year old boy does. In the time between male sex hormone production (and the sex drive itself) usually peaks in early adulthood and then goes into a steady decline.

Michel Lotito of France has been eating metal and glass since 1959. Gastroenterologists have X-rayed his stomach and have described his ability to consume 2 lbs of metal per day as unique. Since 1966, he's eaten 10 bicycles, a supermarket cart, 7 TV sets, 6 chandeliers, and a low calorie Cessna light aircraft and a computer. He has also provided the only evidence in history of a coffin (handles and all) ending up inside a man.

The greatest number of recorded children born to one mother is 69, by a Russian peasant. In 27 confinements, she gave birth to 16 pairs of twins, 7 sets of triplets and 4 sets of quadruplets. Only 2 failed to survive infancy.

On the average, men in university have longer dicks than their non-university counterparts have. Average white penis stats: length 3.16 " limp, and 6.15 " erect; circumference 3.16" when flaccid and 4.83 when erect.



Fire!

by Melanie Martilla
Staff Writer

Before I go any further, I would like to say that I enjoyed *Fire!* very much and I recommend that you go see it if you can. That said, on to the nasty stuff.

Last Tuesday, I attended the opening of *Fire!*, a play by Canadians Paul Ledoux and David Young. *Fire!* is one of the most copiously produced plays in modern Canadian theater and the plot is based upon the relationship between cousins Jerry Lee Lewis and Jimmy Swaggart. It must have been a wet night; the kindling took a while to catch, the whole first act, in fact. Once the spark caught, however, the second act blazed.

The collection baskets that the ushers pass out at the beginning of the first act are for Joseph MacDonald and the Black Ribbon Campaign. There are small signs in the announcing the fact and a blurb in the program, but for those who didn't study

the details, the collection was simply a cute, but distracting for of audience interaction. When you go, please give generously.

Robert Burns, who played the part of Cale Blackwell, acted the role well, but he wasn't as dynamic on the piano as the role seemed to indicate. I just couldn't imagine women throwing their panties at this guy. Mind you, playing the piano, singing, and jumping around like a maniac is demanding stuff, and I think Burns does an admirable job for someone who is called two weeks before rehearsal.

Kent Allen, as Hershel Blackwell, on the other hand, does an amazing job of changing from gormless teen into dynamic televangelist. He's quite Swaggart-esque. Gord McCall, who did double-duty in this production as both producer and as J.D. Blackwell, was brilliant as the aging preacher, and Cathy Elliott blew the rest away with her performance

as Molly King.

The role of Molly is the most demanding of a thirteen year old girl into a "thirty-something" woman. Cathy manages to overcome the problems that accompany her role and really shows the audience who the central character of the play is. Of her final monologue of the play, Paul Ledoux, who gave a reading last Monday night on campus, said that if it done right, the audience cries. Well, almost.

Opening night jitters were intensi-

fied by the presence of the playwright in the audience, but he had only praise to offer to the cast and crew. The Sudbury Theater Center, he said, reminded him of another venue where in 1985, *Fire!* saw its first run. Since then, the play has gone on to smash-

ing success and rave reviews (it even beat out *Les Miserables* for Dora nominations a couple years ago!) Go see it if you can, it's worth your while. Hallelujah! Let us Rock!

BETTER BREAKFASTS

New Ways To Start Your Day

Most nutritionists agree that breakfast is the most important meal of the day—it literally "breaks" our fast after a night's sleep, replenishes our energy stores, and provides us with essential nutrients we need to start our day. But with eggs, bacon, sausage, butter, and cream on the "Foods-To-Limit" list, what's left to put on the breakfast table? Plenty.

Break With Tradition

Our "traditional" breakfast foods—eggs, bacon, buttered toast, etc.—tend to be high in cholesterol and saturated fats, two substances that have been linked with increased risk of heart disease, stroke, and many forms of cancer. In addition, these foods may actually make us feel more sluggish than alert since they are difficult to digest and our bodies will divert blood from the brain to aid digestion. Since the goal of a good breakfast is to energize us, it may be time to break with tradition.

Have a Breakfast

Here are just a few suggestions for new ways to start your day. When you make your morning meal a feast to enjoy, you'll barely miss your old breakfast habits.

- ✕ Spread whole wheat toast with low-fat cottage cheese and place under the broiler until cheese is warm and bubbly. Top with sliced strawberries and a dash of cinnamon and nutmeg.
- ✕ Save left-over brown rice in individual-size freezer containers. (Cover with boiling water or microwave to reheat.) Mix in raisins or chopped fresh fruit. Add milk and serve as a cereal.
- ✕ Try scrambling the whites of eggs only—you'll get the full benefit of egg's protein without the cholesterol.
- ✕ "Sweeten" oatmeal, oat bran, or other whole-grain cereals with fresh fruit or raisins instead of honey or sugar.

CALCIUM

The Facts About Supplementation

In recent years, calcium supplementation has become a very "hot" topic. Calcium has been linked with the prevention of osteoporosis or loss of bone mass, a condition common among older adults. However, the issue of supplementation raises many questions. Can calcium alone offset premature bone loss? Are calcium-fortified foods or tablets useful? Can we obtain adequate amounts of calcium through diet alone?

Calcium And Osteoporosis

Most experts agree that adequate calcium intake alone does not prevent osteoporosis. Rather, a combination of adequate calcium (800—1,200 mg. a day) and weight-bearing exercises seems to be the most effective formula for preventing bone loss. Vitamin D is also a factor, since our bodies require this vitamin in order to absorb calcium.

Fortified Foods and Supplements

Many products such as orange juice and diet soda are now calcium-fortified. If your diet already contains good sources of natural calcium, these products may supply you with too much calcium (which may interfere with your body's ability to absorb iron, zinc, and other nutrients). Those people who cannot tolerate dairy products—a major source of dietary calcium—should check with their health care professional about which type of calcium supplement—if any—they should use.

Dietary Calcium

Most healthy adults can obtain adequate amounts of calcium by drinking 4-5 glasses of milk (or equivalent foods such as yogurt or cheese) each day. Milk is often fortified with vitamin D, making the calcium you receive more readily absorbable. Vegetables such as broccoli and collard greens also provide good amounts of calcium as do sardines and canned salmon.

Health Service de Santé
Laurentian Université
University Laurentienne
Ramsey Lake Road
SUDBURY, Ont. P3E 2C6

Overheard at a Balderdash Game...

Word: Amylometer

Deft'n: The measurement of Vitamin C in manure

Word: Squonk

Deft'n: The sound a drunk duck makes.

Word: Brichins

Deft'n: utensil used to sew ripped underwear

Word: amixia

Deft'n: The short form of "can I mix ya a drink?"

Word: Amixia

Deft'n: A disease that pigs get when in the sun for prolonged periods.

Word: Succubas

Deft'n: A bus in South America where blow jobs are against the law

Word: Pannychous

Deft'n: A type of undergarment worn by the Egyptians

Word: Uxygan

Deft'n: What you yell at your non-religious friend when you're mad at him (meaning pagan)

Spirit of the West Goes Grey

by Duane Wysynski
The Argus (CUP)

Spirit of the West, described by some as "Canada's Angriest Band" has toned down their political platitudes in favor of a more self-reflecting attitude in their soon-to-be-released title *Faithlift*. Meshing the variant styles of their earlier releases *Go Figure* and *Save This House*, the band has settled into a compromise that lends a bit to mainstream sound, while preserving the Celtic element inherent in their earlier music. "Go Figure was more of a reactionary album," say lead singer John Mann, "We were getting tired of reviews that

labeled us as a 'Celtic Folkies'."

Having come a long way since 1984, when the band was known as *Eavesdropper*, they set out to try something new. The resulting effort is one that combines raspy, poignant tunes like "Bone of Contention" with pensive pieces such as "Guildhall Witness". "We've proven that we can, and I hate the term, 'rock out'. Now we're more comfortable with out past and incorporate that sound into what we do," explains Mann.

The band does not harbour a seemingly socially inherent acquiescence that seems to restrain most musicians from sharing with their audience a certain degree of personal sentiment. From "Five Free Minutes," a song concerning scarcity, and preciousness, of solitude during tour time, to "God's Apprentice", an intimate commentary of the abuse of

ecclesiastic trust, the group's objective was to provide music that made a point but was still open to interpretation. "We used to state the obvious. It was very endearing," confides Mann, "We would go on stage and say something like 'The government sucks shit' and get all the typical cheers and yells, and we would feel great. There is much to be said besides the obvious, more confusing, more complex issues."

And in response to being tagged with the sobriquet of "Canada's Angriest Band"? "We started out that way," Mann says laughing, "but now we're a not-so-angry older band. As we've grown older, we've realized that life is grey, not black and white."

Regardless of any shift in style, Spirit of the West remains a vital part of the surging music scene.



RUSSIAN
PRINCE
VODKA

PRESENTS

NEW
stuff

Russian Prince Vodka and **Impact** Magazine would like to expose you to some great new music. Be one of the first 125 people to respond to this offer and receive a **NEW STUFF** CD--FREE! There's a new CD every other month, available only through your subscription to **Impact**, Canada's new music magazine. Here's an act that previously appeared on a **NEW STUFF** CD and is now touring Canadian campuses.



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VANCOUVER - November 15
SASKATOON - November 17
REGINA - November 18
WINNIPEG - November 19, 20
OTTAWA - November 24
TORONTO - November 26
ST. CATHARINES - November 27
NORTH BAY - November 28
MISSISSAUGA
(Q-107 ROCK AWARDS) - December 1
KINGSTON - December 3
HAMILTON - December 8
KITCHENER - December 17
LONDON - December 18



JUNKHOUSE

Hailing from Hamilton, Junkhouse have forged a sound as solid as the heavy cauldrons that hold their hometown's economic lifeblood. Their debut album, *Strays*, is a gnarly brew of streetwise swamp boogie. Singer, lyricist and acoustic strummer Tom Wilson is backed by the psycho-rockabilly trio of guitarist Dan Achen, bassist Russ Wilson and drummer Ray Farrugia.

Long a staple of the independent music scene, Junkhouse have shared the stage with such musical luminaries as Bob Dylan, Midnight Oil and Daniel Lanois. Their live shows have become the stuff of legend along Toronto Queen Street strip.

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3



The Best Bands you'll ever see!!

This weekend at the Townhouse there are a couple of bands coming through that you won't want to miss. **The Stand GT**, from Glengarry, Ont., **The Look People**, from Toronto and **Bleak!!** (three local geeks). The **Stand GT** are a last minute announcement because their show in Sault Ste. Marie has been pushed back to Saturday, leaving them a free night on their schedule. If you've never heard of these guys before then take this advice, go out and see them!! Their fast power pop will take you to a place that is warm and fuzzy (somewhere near the land of **The Doughboys**). They have released a couple of 7 inch singles and a cassette EP on *En Guard Records*, a cooperative record label from Montreal. As this is being written, they are recording more tracks in Montreal and are preparing for a cross Canada jaunt which will bring them to the Townhouse on Friday, November 19th.

Local Pop Geeks, **Bleak!!**, will be opening so it is sure to be a great night of pure, honest rock that is seldom seen in any other club in Sudbury. Both bands have tapes and t-shirts and are fine examples of the new power pop resurgence across this country that includes bands like **Sloan**, **Hardship Post**, **Bum**, **The Sweaters** and **The Doughboys**.

The **Look People** are also well known to some in Sudbury. It's real hard to describe them in less than a thousand words. Suffice to say that you have not lived until you have experienced their live show at least once. With any luck, **Guelph** will be the opening band (Guelph is the **Look People** with long 'metal' hair wigs on, lots of thrashing about and posturing). The **Look People** have gained international recognition in the last couple of years through extensive touring and national television appearances on both sides of the Atlantic. They played the side stage at **Lollapalooza '92** in Barrie and impressed the organizers so much that they were invited to play at a couple more **Lollapaloozas** that summer. They are a reputed favourite of alternative rock darling, **Parry Farrel**. The band was also invited to tour with the **Jim Rose Sideshow Circus**, which took them to appreciative audiences all over the world. Rumour has it that they know where **UFO's** come from, but won't

tell. They are a visually stunning band, as the name implies (just check out **Longo Hai**, the world's tallest freestanding guitarist), and their music is influenced by many things, most notably **Frank Zappa**.

This will be a great weekend at the Townhouse, so get out there and support those who would be taking your jobs away from you in the real world if they couldn't survive in the music business.

Paul Loewenberg, CFLR



Les esprits échauffés par les élections attisent le racisme contre des franco-ontariens?

Michel Herbert

L'express, Toronto, Canada, 18e année, numéro 42

Depuis deux mois, le petit centre de loisirs francophone de Woodstock est la cible des vandales.

"Ça fait quatre fois en deux mois qu'ils viennent casser des choses", confie Aurèle Fortin.

- Parce que c'est le lieu de rencontre des francophones?

- Je ne vois pas d'autre raison, répond M. Fortin.

Depuis la montée de Reform party en Ontario et celle du Bloc québécois au Québec, les francophones sont mal à l'aise, admet M. Fortin. "Qu'est-ce qui va se passer avec les droits des francophones, j'sais pas" confie le président des aînés du club. Cet ex-fonctionnaire provincial est originaire de Sudbury. Il a déménagé à Woodstock, une petite ville de 30 000 habitants, pour se la couler douce. "Mais là, j'sais pas si je resterai", dit l'homme de 61 ans qui balayait le pas de la porte du club.

Le club Cartier est situé tout près de l'auditorium de Woodstock. C'est un petit bâtiment qu'un grand sapin cache à moitié.

Une pancarte discrète est plantée dans le sol. Le nom du club est écrit à côté d'une fleur de lys bleue.

Les francophones vont là pour boire, jouer aux cartes et au billard. Comme ça, explique M. Fortin, ils ne risquent pas de se faire acher dans les endroits publics lorsqu'on repère leur accent.

Le club Cartier existe depuis vingt-deux ans mais depuis deux mois, ses membres sont inquiets.

Il y a quelques semaines, des individus sont entrés pour tout casser. Il n'y avait rien à voler que des tables, des chaises, des bouteilles d'alcool et presque rien dans la petite caisse. Le club immédiatement fait installer un système d'alarme. Mais ça n'a pas empêché les vandales de revenir. Trois fois, dont la dernière la fin de semaine dernière. Les policiers de Woodstock n'ont pas encore trouvé les coupables.

"Ce sont des incidents isolés, ça n'arrive pas toutes les fins de semaines" a déclaré Carol Lampton, la police de Woodstock.

Vingt-cinq familles sont membres du club. La ville en compte pourtant le double, soit une centaine de personnes.

- Que font les autres, où vont-ils?

- "Ils ne se montrent pas", répond M. Fortin.



Les petits plaisirs de la vie

Shaun Joseph

contributeur

La vie peut être tellement occupée que l'on ne peut pas faire les choses qui nous font plaisir. Par exemple, les universitaires, NORMALEMENT, font des devoirs et vont aux classes. Leur vie, à l'université, s'est les études et les devoirs. La vie sociale est mise sur les étagères, NORMALEMENT.

Mais, il y a une tangente, celle des petits plaisirs! Il se peut qu'une ou même deux fois par semaine, l'on a du temps libre pour faire ce que l'on veut. Des exemples de cela seraient:

1. Lire un livre qui vous intéresse et qui n'a aucun lien aux cours.
2. Prendre une marche dans les fameuses pistes de l'Université Laurentienne.
3. Écouter de la musique seul, à un tel niveau que vos oreilles bourdonnent.
4. Regarder la télé pour vous rattraper sur certaines émissions que vous avez manqué.
5. Faire un casse-tête que vous avez commencé depuis 5 ans.
6. Dormir (ce qui n'est pas fait assez souvent, je parle du repos totale, le sommeil profond!)
7. Faire des exercices comme marcher, courir, nager, etc.
8. Sortir avec les ami(e)s.

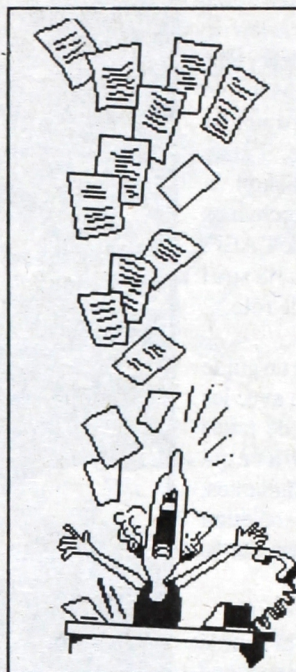
Sauf que ces temps libres ne viennent pas assez souvent. Il a un grand manque de "temps à soi-même". Même lorsqu'on est seul dans un bureau à minuit un dimanche soir, l'on n'est pas libre. L'on peut être la seule personne dans le bureau et se sentir enfermer. Le STRESS, l'ennemi commun de tout les étudiants qui vont à l'université!

C'est à ce temps là que mon plaisir préféré ressort! Quel est ce petit plaisir? Eh bien, c'est bien simple, je cris de toutes mes forces! Ensuite je me sens mieux car le stress de la vie semble s'apaiser pour quelques heures. Un autre façon de se "laisser aller" c'est en mettant la musique le plus fort possible et chanter à tout tête.

Le seul problème avec ce genre de plaisir c'est

la sécurité de la Laurentienne. Les agents de sécurité ne semblent pas aimer entendre des cris ou de la musique qui font ébranler les murs!

Il y a encore plusieurs petits plaisirs, mes ceux-là, je les réserve pour le pervers. Cette personne peut vous expliquer en détail, les plaisirs multiples pour soulager les maux de la vie. Je n'ose même pas essayer d'expliquer ces plaisirs! L'expert dans cette matière c'est le pervers, je lui laisse la tâche!



Les nouveaux élus ont beaucoup à apprendre

Beth Gorham
Presse Canadienne

OTTAWA - Ils sont 201 députés à s'apprêter à siéger pour la première fois à la Chambre des communes. Jamais n'aura-t-on vu un aussi grand nombre de néophytes à la fois, obligés de se familiariser avec les us et coutumes de la vie au Parlement.

Pour aider les nouveaux élus à s'orienter dans les dédales de la Colline parlementaire, la Chambre met à leur disposition une bande de vidéo de 10 minutes et une épaisse chemise remplie de conseils et d'informations sur les devoirs et privilèges des députés.

On y indique notamment comment embaucher du personnel, filtrer les appels téléphoniques, installer un télécopieur à la maison, et même comment dépenser les budgets - jusqu'à 177 600\$ par an - alloués aux députés pour leurs bureaux à Ottawa et dans les circonscriptions.

On y livre également toutes sortes de données historiques sur l'Édifice du Parlement, sans oublier les attractions touristiques et le prix

des maisons. Et on met à la disposition des nouveaux-venus une ligne téléphonique de "dépannage" pour

d'invalidité ou de passeports, ou des cas d'immigration. Chaque député fédéral est autorisé à embaucher

les requêtes urgentes, ainsi qu'un centre d'information temporaire, le temps que tous les députés se soient vu attribuer leur bureau respectif.

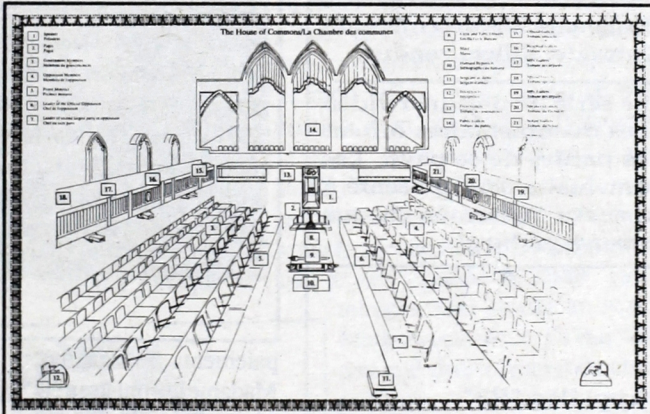
La Chambre des communes organisait une journée d'orientation pour les cinq partis politiques le 9 novembre, et continuera d'offrir des sessions de familiarisation aux députés et à leur personnel. On avise les nouveaux députés de s'attendre à recevoir de 20 à 100 appels par jour de leur commettants des questions qui porteront le plus souvent sur le montant et la date de livraison de chèques du gouvernement, sur des demandes de prestation d'assurance-chômage, des pensions

jusqu'à quatre personnes à un salaire ne dépassant pas 60 460\$ par an. Les députés touchent une rémunération de 64 400\$ - gelée jusqu'en décembre 95 - mais il s'y ajoute une allocation de dépenses non imposable de 21 300\$ pour la plupart d'entre eux.

Les autres avantages dévolus aux députés incluent un fonds de pension pour ceux qui auront siégé au moins six ans à la Chambre des communes, des déplacements gratuits pour eux-mêmes et les membres de leur famille, les services d'avocats, de conseillers matrimoniaux, d'aide aux alcooliques, des cours dans l'une ou l'autre langue officielle, ainsi que les services de coiffeurs, tailleurs, masseurs et de restauration à coût réduit.

Certains députés soulignent qu'il leur en coûte plus cher pour vivre, puisqu'ils doivent maintenir deux résidences.

Et quelques-uns acceptent une forte baisse de leurs revenus pour venir à Ottawa.



On y indique... même comment dépenser les budgets-jusqu'à 177 600\$ par an

La section française

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Mot du recteur

Ross Paul

recteur de l'Université Laurentienne

À la mi-octobre, j'ai fait ma première promenade mensuelle, une initiative destinée à offrir aux étudiants et étudiantes l'occasion de s'entretenir face à face avec le recteur et de lui dire ce qu'ils pensent de l'Université Laurentienne. Lors de cette première promenade, j'étais accompagné par Heather Bishop, la présidente de l'AGE et les prochaines fois, ce sont les présidents de l'AEF, de l'AEES et de l'ALPS qui m'accompagneront à tour de rôle.

Heather s'est révélée un guide formidable. Elle est à l'aise avec les gens et fait régulièrement de telles visites dans le but de découvrir ce qui intéresse les étudiants et étudiantes, et de quelle façon son association peut aider à améliorer la vie sur le campus.

Je dois avouer que j'ai abordé les premières personnes avec une certaine inquiétude. En effet, sur le campus, c'est généralement au recteur qu'on adresse toutes les plaintes (ce qui est tout à fait approprié), et je ne savais pas trop à quoi m'attendre. À mon agréable surprise, la très grande majorité des étudiant(e)s auquel(le)s j'ai parlé n'avaient aucun grief particulier et ont affirmé qu'ils se plaisaient sur le campus.

J'ai reçu des plaintes et aussi



quelques bonnes suggestions. Certains des points soulevés se présentent sur à peu près n'importe quel campus: les terrains de stationnement (sentiers glissants, absence de panneaux d'arrêt, barrières qui ne fonctionnent pas) et les repas (aliments qui ne sont pas bons pour la santé, pas de choix en fin de semaine, coût). Dans d'autres cas, on voulait que la bibliothèque demeure ouverte plus longtemps et que l'année universitaire débute et prenne fin une semaine plus tôt (afin d'avoir plus de temps pour aller voir sa famille à Noël).

pas à vous plaindre, surtout si vous avez une suggestion constructive sur la façon d'améliorer quelque chose.

Une personne s'est plainte de la différence qui existe entre le prix de trois et de quatre cours. Daniel Lafontaine de L'Original déchainé a repris ce point en détail lors du forum sur les droits de scolarité. J'ai alors promis d'examiner la question et d'accorder ensuite une entrevue officielle.

J'ai trouvé cette promenade d'une heure extrêmement stimulante et j'espère que les prochaines rencontres m'aideront à transmettre un message que je considère essentiel pour tous les étudiants et étudiantes. La Laurentienne est votre université, et je vous exhorte à faire votre part afin de la rendre meilleure. N'hésitez

Lorsque vous recevrez votre diplôme de cette université, je voudrais que vous en soyez aussi fier que moi. Par conséquent, aidez-nous maintenant à l'améliorer. Si quelque chose vous dérange, dites-le. Trouvez la personne compétente et parlez-lui. S'il n'y a pas moyen de savoir à qui vous devez vous adresser, téléphonez à mon bureau (poste 3410 ou 673-65647) et nous essayerons de voir à ce que vous soyez mis en contact avec la personne compétente.

Dans l'intervalle, j'espère vous rencontrer lors de ma prochaine promenade.

C'est pas qu'une petite entreprise

André Girouard
prés de Le Voyageur



Mme Marleau, avec le Ministère de la Santé, est appelé à gérer une très grosse entreprise, avec un nombre d'employés à peu près égal à celui de l'Inco et un chiffre d'affaires qui dépasse six fois celui de l'Inco: son ministère compte 5600 employés et a un budget de 8 milliards, dont 7 milliards sont versés aux provinces au titre des programmes d'assurance médicale et hospitalière.

C'est ce ministère qui définit les normes auxquelles doivent se plier les provinces, si elles veulent recevoir les

paiements de transfert. Madame la ministre a été très nette: elle garantit l'universalité des soins de santé. Cela devrait mettre fin aux demandes du Québec et de l'Alberta qui veulent mettre en œuvre le ticket modérateur (users fee).

Pour autant, en période de récession et de baisse de revenus, il y a beaucoup de pressions des soins de santé. C'est ce que Mme Marleau entend protéger.

Il y a d'autres dossiers qui vont attirer son attention: les problèmes reliés au vieillissement de la population, ceux qui sont soulevés par le SIDA et la toxicomanie. Son ministère a aussi comme fonction la promotion de la bonne condition physique, et doit veiller à la sécurité des produits de consommation.

Bien du pain sur la planche pour Diane, quelques maux de tête en perspective, beaucoup de questions de la part de l'opposition sur la gestion de son ministère, et d'énormes pressions de la part des provinces pour qu'elle se montre plus généreuse sur les paiements de transfert.



ANNONCES PUBLIQUES

L'Université Laurentienne vous présente son Bazar de Noël le dimanche 28 novembre de 13h00 à 16h00 au Grand Salon. Tous les profits seront donnés à Centraide. Billets vendus.

Le club d'allemand de l'UL invite la communauté à participer à une série de déjeuner vidéo documentaires portant sur des villes et régions de l'Allemagne. Les documentaires offrent des images et des renseignements à jour sur la vie dans différentes parties de ce pays. Les vidéos sont en allemands et sous-titrés en anglais. Chaque documentaire sera présenté à deux reprises lors de journées différentes. Les documentaires seront présentés chaque mardi de 11h30 à 12h30 et chaque mercredi de 12h30 à 13h30. Admission gratuite!

Festival de film Van Damme

Où? salle SCE 239, Centre étudiant

Quand? vendredi le 19 novembre de 17h00 à 1h00

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PROGRAMME D'ÉCHANGE ONTARIO \ RHÔNE-ALPES 1994-1995

Trente étudiants d'universités ontariennes seront sélectionnés pour effectuer leur année universitaire 1994-1995 dans des universités de la région de France, Rhone-Alpes. Les cours suivis en France seront crédités par les universités ontariennes. Une bourse de 1,500\$ est offerte aux étudiants pour le programme d'échange pour les frais de voyage, l'assurance santé et les activités étudiantes. Une semaine d'orientation aura lieu avant le départ ou à l'arrivée en France. Les dépenses de logement et de nourriture (sur le campus) doivent être assumées par les étudiants (on compte une moyenne de 650\$ vivre en France).

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Où trouver les dossiers de candidature:

Contacter: Le professeur Eugène O'Sullivan au Département de Droit et justice, bureau A-124 (poste 4333) ou la secrétaire du Département de Droit et justice, bureau A-126 (poste 4108)

Date limite de dépôt des dossiers de candidature:

Les dossiers de candidature doivent être déposés au bureau du Département de Droit et justice, bureau A-124 au plus tard le vendredi 7 janvier 1994.

Quand l'amour est une question de "business"

Pépé Lapew

On les appelle gigolo, "con artist", fraudeur. Tantôt, on les admire, ou on les déteste avec mépris. Ils font la vie des journaux et la vie des cœurs. Ils sont beaux parleurs, charmeurs et brillants. Mais ils sont aussi dangereux car ils ne se font jamais prendre.

C'est la nouvelle génération d'homme qui ont choisi de vivre sur le dos des autres, sur le dos des femmes qui se sentent seuls.

Leur tactique est toujours la même. Ils font souvent appel à des annonces dans les journaux, vont souvent aux dances "singles", ou vont marcher dans toutes sortes d'endroits où leur victime pourrait se trouver.

Encore une fois (Pépé LaPew) a parlé avec un vrai professionnel de

la fraude, on va l'appeler John. John a 35 ans, il n'est pas très grand, mais il a l'apparence d'un professionnel. Il porte des lunettes pour lire, ce qui lui donne son air brillant. Lorsqu'il parle, il te regarde droit dans les yeux; il est toujours souriant et aimable. Il lit toujours les journaux importants et même le "Business Week". Il lit les sports (qu'il déteste) parce que souvent la conversation va mieux lorsque tu connais les joueurs d'une équipe. Il lit aussi des poèmes et des livres de motivation. Il ne fume pas et ne bois pas non plus, en somme, un bon gars.

Voici son histoire:

"J'ai vécu en Angleterre, c'est pourquoi mon accent anglais me donne l'impression d'être instruit, pourtant je n'ai jamais dépassé la 11e année. Je n'aime pas vraiment les femmes, c'est juste le sexe et leur argent qui m'intéresse. Lorsque je rencontre une femme, je l'écoute parler car souvent c'est la raison qu'elle ont laissé leur mari. Je ne m'impose

jamais. Je leur parle de poésie et de choses qui les intéressent. Je ne parle jamais de moi sauf si c'est nécessaire. Les premières semaines sont les plus importantes, car se sont ces semaines qui joueront un rôle important. Il faut toujours arriver chez eux habiller de la bonne manière et toujours avoir l'air de n'être jamais au court d'argent. Il est important de payer les restaurants et les sorties car les femmes aiment les hommes forts et l'argent c'est la force. Puis sans que je le demande, la confiance s'installe et elle me demande de vivre chez elle. La minute que je suis chez elle, elle est sous mon contrôle.

Je commence à poser des petites questions sans qu'elle s'en aperçoive, je m'informe sur ses revenus, ses biens, combien de liquide qu'elle a dans la banque. En deux semaines, j'ai pas mal une idée de ce qu'elle peut représenter. Puis lorsque je me décide, je lui fait croire n'importe quoi comme j'ai toujours un complice avec moi pour à peu près tout mes concubines.



L'une d'elle est partie pour Hawaï et elle m'a laissé tout seul dans sa maison. J'ai vendu ses meubles, j'ai eu dix milles dollars pour le tout.

Lorsqu'elle est revenue, je me suis fondu en larme devant elle et je lui ai dit que l'une des transactions que j'avais avec ma compagnie fut annulée et je devais payé mes

emprunts, sinon, je me retrouvais en prison. Comme je ne pouvais pas la trouver, j'ai pris la liberté de vendre les meubles, puis elle m'a cru, elle n'a jamais porté plainte à la police.

Après un coup comme ça, je sais qu'elle ne me ferait plus confiance, alors j'ai reparti à la recherche de ma prochaine victime."

Quelle est votre position préférée?

le pervers

C'est ça! J'étais vraiment à l'école pour un bout de temps. Et c'est aussi là où je m'impliquais dans la vie des positions. Oui, on avait un conseil à l'école et tout le monde courait pour les différentes positions. Chacun se ventait pour la position qui lui conviendrait ou qu'il aimerait accomplir. Moi aussi je courais pour différentes positions. Mais le monde prétendait que je n'avais pas assez les pieds sur terre et trop la tête dans les nuages ou dans autre chose. Enfin, on n'en parlera pas.

Ainsi j'ai créé un club où je pouvais vraiment choisir les positions que je voulais. Oui dans les deux sens! Choqué le monde? Alors il faut tout de suite, arrêter de lire ces cochonneries! Le nom du club? Quelle est ta position préférée? J'avais vraiment une intention honnête et bien religieuse lors de la création de ce club... Non, non je vous assure! C'est la vérité! Ce n'est pas de ma faute, si les membres avaient d'autres intentions.... Vous savez comme chef de l'organisation faut bien donner aux membres ce qu'ils demandent. Et d'ailleurs comment résister! La nature fait

bien ses choses. Pourquoi, chez vous ça ne fonctionne pas bien? La manivelle ne tourne-t-elle pas toujours dans le bon sens. Faut bien quelqu'un à la tête, non?

J'ai seulement compris la gravité du nom du club lorsque mes membres m'ont crié par la tête pour avoir notre première grande réunion

en costume de naissance...naturellement. Oui c'est vrai que je devrais mentir si je disais que je n'appréciais pas le rendement de mon club.

Mais les histoires que l'on entendait dans ces réunions. À s'en lécher les babines. Et il y avait toujours quelqu'un qui disait: On devrait essayer cela! Et comme responsable du club il faut bien donner l'exemple. Non je ne suis pas à plaindre, j'aime mon travail. Naturellement on ne pouvait pas réaliser les fantasmes de quelques-uns. Pas par manque de

les personnes qui ne sont pas capable de comprendre quelque chose d'un peu trop abstrait.

Je voulais m'impliquer dans un conseil politique pour influencer ou aider les étudiants. Puisque je n'étais pas capable de rester calme lors des réunions sans pincer les fesses de mon voisin ou le genou de ma voisine, ils m'ont mis gentiment à la porte. Ils prétendaient que je ne serais jamais capable de sortir de mes saloperies. Quel insulte!! Ainsi je voulais créer un club pour leur prouver que je suis capable de rester cinq minutes sans penser au sexe. Malheureusement j'avais un peu mal choisi le nom du club puisque tout le monde a tout de suite vu une relation sexuelle avec le nom du club: "Quelle est votre position préférée?" Mes membres, c'est-à-dire les personnes du club, voulaient voir quelque chose relié au sexe. Alors quel était mon choix que de participer dans la volonté de mes membres et de mes membres.

On avait plusieurs réunions où on parlait des expériences et des positions sexuelles comme aussi les fantasmes. Les chambres de bains, les lits les douches, les ascenseurs, et l'amour devant la télévision sont des très vieilles choses pour nous. Alors nous essayons de créer un peu plus de défis dans notre vie sexuelle.

Mais pour vous donner plus de précisions il va falloir attendre à la prochaine. Si vous ne comprenez toujours pas l'histoire venez au Lambda je vais vous faire un dessin!

Voici une version de l'histoire pour



Alors on aimerait savoir si je suis une femme ou un homme? La curiosité vous démange si profondément? Ne vous exitez pas trop, attendre est un plaisir dans certains jeux intimes. Au plaisir de vous rencontrer un jour.

Le pervers

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Aqua Vees Drown York and Ryerson

by Cory Carter
Staff Writer

Once again your LU Aqua Vees drown their competition at York this past Friday. Taking on York Yeoman and the Ryerson Rams, victory came in convincing fashion to both the men and women. The men trounced York 128-37 and Ryerson 132-33. The women defeated York 114-69 and Ryerson 126-65.

Individually, the thrashing continued with many first place finishes. For the men, Dave Chisholm: 100m butterfly, 100m breaststroke, and 400m freestyle; Andrew Galbraith: 200m breaststroke, 200m Individual medley; Brad Johnson: 100m backstroke, 50m freestyle; Bill Dewland: 200m backstroke, 200m freestyle; Aaron Gareau: 100m freestyle. For the women, Nancy Sweetnam: 100m breaststroke, 200m individual medley, 200m freestyle, Jody Nicholson: 400m freestyle, 200m breaststroke, Pam Hutchinson: 200m backstroke, 100m backstroke. Special congratulations goes out to Pam Hutchinson who qualified for her first berth to the CIAU's in the 200m Backstroke. Pam also took a share in MVP honors with Nancy Sweetnam. MVP honors for the men went to Dave Chisholm. The relay teams also had a great outing winning four of four events. The 200m medley with Brad, Andrew, Dave, and Aaron; and the 4 X 100m Freestyle with Aaron, Brad, Andrew, and Gerry Paterson. For the women Pam, Jody, Valerie Wood, and Shannon Zangari won the 4 X 100m Freestyle. The LU Aqua Vees will be holding a fundraising spaghetti dinner on Sunday November 28. Everyone is welcome to attend, watch for ticket sales from any one of the Aqua Vees.

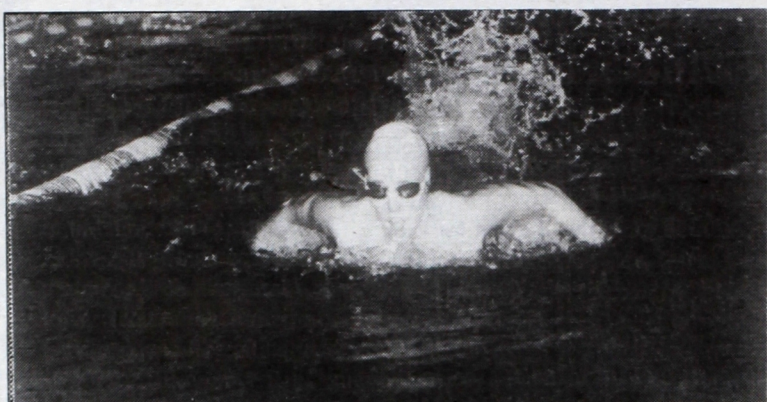


Photo by Séan Clark

1993-94 Men's Intramural Hockey

The Men's Intramural Hockey season has gotten underway with more close games and ties this season than any in recent memory. The competition has been fierce as every game counts in the non-playoff format. In the "A" league, U of S#1 leads by only one point over A.E.F., which has one game at hand. U of S#1 also features the high scoring Marc Carriere and Brian Mulihill. The "B" division has the Habs with 8 points over Thornloe, which has two games in hand. The Habs also have four of the top five players in the scoring race. Good luck to all the teams for the remainder of the season and thank you to all the officials for doing a great job!

Below are the standings for both leagues as well as the scoring leaders by respective division.

"A" League

Team	W	L	T	Pts	GF	GA
U of S#1	3	1	0	6	21	11
A.E.F.	2	0	1	5	11	7
Harleys Hack	2	0	0	4	9	3
LOCS/EHCL	2	1	0	4	12	9
Sudbury LUS	2	1	0	4	6	5
U of S#2	1	2	1	3	11	15
SSR Devils	0	0	2	2	7	7
Engineers	0	2	1	1	9	13
Suds	0	3	1	1	7	15
Unknown	0	2	0	0	4	12

"B" League

Team	W	L	T	Pts	GF	GA
The Habs	4	0	0	8	26	5
Thornloe	2	0	0	4	14	5
Bears	2	1	0	4	9	11
LOCS/EHCL1	2	2	0	4	18	12
SSR Chiefs	1	1	1	3	12	7
11th Flr Kings	1	2	1	3	5	4
UC Raiders	1	1	0	2	9	4
UC Hounds	1	1	0	2	10	15
UC Thunder	0	2	0	0	1	17
LOCS/EHCL2	0	4	0	0	9	33

Top Scorers "A" League

Player	G	A	T
Mark Carriere	3	6	9
Brian Multihill	1	6	7
Rich Dufoe	4	2	6
Mario Brilliant	2	4	6
Nathan Verhoeven	4	1	5
Al Martel	3	2	5
Craig Shivers	0	5	5
Dan Dejardens	1	4	5
Martin Beauchamp	4	1	5

Top Scorers "B" League

Player	G	A	T
Jason Reid	9	2	11
Jim Lebrun	5	4	9
Bryan Neeley	3	4	7
Kevin Chilsom	2	4	6
Eric Simond	2	4	6
Gary Kavanaugh	2	4	6
Marty Stevens	4	1	5
Adam Atkinson	3	2	5
Greg Singleton	3	2	5
Pat Leclair	2	3	5
Samin Kulofufski	3	2	5



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VEE LINE Hockey Vees Notes

As of November 9th, the Vees were playing .500 hockey. After 6 games, they were 3-3-0, with 19 goals for and 18 goals against. They sit in second place, behind Brock and York who are tied for first place. Mike Ramprashad has played 5 games putting 280 minutes in the pipes, allowing 14 goals for an average of 3.00, putting him sixth among top goalies. Francois Gravel of UQTR is still in first with a 1.92 average.

Volleyball

The volleyball Vees are also playing .500, going 2-2. Out of the four matches they've played, they gave lost 8 game and lost 7. Despite the average record, they are tied with Queen's and York in first place with 4 points. Vee Paul Rainville is 7th on the scoring list (in terms of points per game). In 15 games he has 69 points, averaging 4.6 points per game.

Soccer Vees Named to All-Stars

Two soccer Vees were named to the OUAA all-star team. Goalkeeper John Kowal and striker George Sarakinis were named part of the East Division team this week. Sarakinis tied with Basil Phillips of the Carleton Sting-ers for the forwards slot. Sarakinis led the OUAA with 12 goals this year, and is a first year SPAD student. John Kowal, a third year SPAD student, posted the second best goals against average in the league.

Pizza Hut Athlete of the Week

Carolyn Swords has been named the Laurentian Pizza Hut Athlete of the Week. Carolyn netted 53 points in the Concordia tournament last weekend and was named to the tournament all-star squad for her efforts. Carolyn is a 5th year engineering student and is from Ottawa.

Upcoming Events

Nov. 19-20	Voyageur High School Tournament Men's Basketball
Nov. 19	Guelph @ Laurentian Men's Basketball (8:00PM)
Nov. 19-20	LU @ Guelph Invitational Volleyball
Nov. 19,21	Oakland University Tournament, Rochester Women's Basketball
Nov. 19	Belleville Bulls @ Sudbury Wolves Hockey (Sudbury Arena at 7:30PM)
Nov. 20	Western @ Laurentian Hockey (Sudbury Arena at 7:00PM)
Nov. 21	Windsor @ Laurentian Hockey (Walden Arena at 2:00PM)
Nov. 21	Ottawa 67's @ Sudbury Wolves Hockey (Sudbury Arena at 2:00PM)

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The Spirit of Sport

Steve Martinovich
Sports Editor

While the specter of steroid abuse is not as great here as it is in American schools, it is making an impact in Canadian varsity athletics. A second CIAU athlete was banned for four years after testing positive for the anabolic steroid *stanozolol*, the same steroid which caused Ben Johnson problems in Seoul, South Korea in 1988.

Spiros Feradourous, 5'10"-183 lbs., tested positive on September 30 after a short notice test session. The third year student played defensive back for the Concordia Stingers. He joined John Pevec, a 6'4"-262 lbs. defensive lineman for the McGill Redmen on the short list of players this year banned for four years from CIAU events.

Mark Lowery, Executive Vice-President of the CIAU, commented that, "We were disappointed when we were informed of this positive test. While we regret the obvious impact on Mr. Feradourous and his future in inter university sport, the CIAU remains steadfastly opposed to the use of banned substances. We will continue to do our utmost to eradicate these unacceptable practices."

Since February 1, 1990, there have been 834 tests in the CIAU with 10 positive results. Here at Laurentian University, no athlete has ever tested positive for illegal substances. Each athlete participating in varsity sports must attend a lecture by a trained medical professional and each learns which substances are legal and which are illegal. Each athlete must also sign a form attesting to the fact that they have taken a course on the topic.

The same cannot be said for most of the younger Canadians involved in sport. The Canadian Centre for Drug Free Sports (CCDS), founded in 1992, reported in a June 1993 survey that as many as 83 000 Canadians between the ages of 11 and 18 years are using steroids. The project which involved 16 169 high school and elementary students also reported that an estimated 30 000 males between 16 and 18 are using anabolic steroids. An estimated 265 000 Canadians between the ages of 11 and 18 years use painkillers to do better in sports and 94 000 use stimulants. The research also shows that up to 800 000 youth use caffeine in various forms to do better in sports. One in five students also claim to know someone who is using anabolic steroids. Paul Melia, Director of Education for the CCDS states "The numbers are frightening...[this] suggests the possibility of a significant amount of under-reporting by current users".

Dina Bell, the Communications/Publications Coordinator stated that, "...the survey provided us a baseline of information so we could establish the beliefs and attitudes of 11 to 18 year olds, who are the future athletes, coaches and parents. These people are the future varsity athletes".

The youth give various reasons for the use of steroids. 53.9% report using steroids to do better in sports while 47.2% report that they use it to look better. To the end of attempting to eliminate the use of performance enhancing drugs, the

CCDS has launched the Spirit of Sport campaign. The stated aims are to promote the values of fair play and honesty. To achieve that, the CCDS approaches this from several angles. They stress research, education, advocacy, detection and deterrence. The CCDS provides athletes and young Canadians information to make the knowledgeable choice. In a *Gentleman's Quarterly* piece last year, many Los Angeles youth did not know of the health risks that came with steroid use, and if they did they didn't care. Who wants to live as long as Lyle Alzado when their 18 years old? Many of the youth in the article showed signs of heavy use, such as large pimples on their backs and faces, and accepted that as the only risk.

The CCDS is also responsible for all doping control activities in Canada. They train "Doping Control Officers" who conduct athlete testing in a standardized fashion in Canada and abroad. They also provide the latest information to the sport community on permitted substances and practices. In the event of a positive test, the coaches, officials and doctors are held responsible if they participate in doping infractions, and they investigate the cases in a legal manner.

It all relates to the values that a young person comes in with, that determines how likely they are to use performance enhancing drugs. According to the National School Survey on Drugs and Sport, a typical steroid user is "...10 times more likely than a non-user to believe it is okay to try anabolic steroids once, 8 times more likely to believe that in sports winning is the most important thing, six times more likely to believe that using drugs to do better in sports is not cheating, and five times more likely to believe that Olympic athletes who use drugs should be allowed to compete." According to the survey results, Eleven-year-olds generally hold values which are consistent with the true spirit of sport, but those values erode by the time they reach 18 years of age.

Even those of noble intentions are not safe. Exposure to pressures to use performance enhancing drugs is greater if you are a member of a gym, in a weight training program or belong to a provincial sport team. The survey reports that 22.5% of respondents said that "someone at the gym suggested that they try drug, had used anabolic steroids". The survey extensively reports that certain attitudes, like those above, held would increase the likelihood of using drugs.

Out of all the students surveyed, 1% fell into the very high risk group, 13% fell into the high risk group, 41% in the moderate risk, 40% in the low risk and 5% in the very low risk group. The likelihood of use is shocking. The very high risk group is expected to be made up of 35.5% of those expected to use drugs, 5.5% in the high risk, 0.8% in the moderate risk, 0.4% in the low risk group, and 0% in the very low risk group. The age of onset is 14 years for males, the pattern is less clear for females.

What does all of this mean? Dina Bell summed it up best saying, "These youth are at the edge of a cliff.

The answer is to bring back the values they held and the reasons why they got involved." The message may not be getting out though. My own experience in high school involved knowing people who took testosterone cypionate and Dianabol. If there are 83 000 youth who are using, then perhaps the message should be changed. The youth of this country must be made to realize that cheating is wrong and that using steroids will haunt them physically later in life. When we were 18, we thought that nothing could hurt us. But if we can reduce the number of teenagers killed in accidents involving alcohol by 60%, then no argument can be made that they can't learn not to use steroids.

We place athletes in the positions of minor deities. Some kids

might have held Spiros Feradourous or John Pevec as their idols, who doesn't want to be 6'4" and 262 lbs. and play football? The only solution to this problem is to teach our athletes the values that belong in sport, and we must also keep teaching them as they get older. Cheating is losing, whether by playing dirty or jabbing the needle in. It doesn't start with the CCDS, but at home, in the locker room and in the closet where the bottle of testosterone cypionate is.



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